WED, APRIL 24
11:00 – 2:00
Sykes Union Ballrooms • The Quad

10:30
Walk from Sturzebecker Health Sciences Center to North Campus with Mayor Dianne Herrin

11:00
KEYNOTE ADDRESS
Arianna Missimer, Founder
The Movement Paradigm
Sykes Theater

11:30
GRIT/HIIT with Lauren & Nicole
Academic Quad

12:00
Tug O’ War Contest
Academic Quad

12:30
Yoga with Upasna
Academic Quad

1:00
Medicine Ball Throw Contest
Academic Quad

1:30
Zumba with Brittany
Academic Quad

Complete your “PASSPORT FOR WELLNESS” by visiting department and vendor tables to be entered for PRIZES! Good prizes like memberships at ACAC, ilovekickboxing, Gage Fitness, UFC Gym Exton, Bryn Mawr Running Company as well as gift cards from Bango Bowls, Bon Bon Sushi, Country Bagel, Cookie Dope, Liquid Eatery and more!

Visit With...

✓ Health Department for pulmonary function testing.
✓ Communication Sciences & Disorders department for a hearing screening.
✓ Kinesiology Department to participate in fitness evaluation and testing.
✓ Nutrition Department for lunch and a special treat.
✓ Nursing Department to get your blood pressure checked and learn about sun safety.
✓ Sports Medicine Department for a football sensor helmet demo and sweat testing.

Sponsored by the College of Health Sciences

Don’t forget to bring a non-perishable item to the WCU Resource Pantry table in Sykes!